



PHYSICAL THERAPY SECTION
WILLIAM BEAUMONT ARMY MEDICAL CENTER
5005 N. PIEDRAS ST
EL PASO, TEXAS 79920



**ACL RECONSTRUCTION – BONE-TENDON-BONE
AUTO / ALLOGRAFT**

Revised August 2008

Post-op Days 1 – 14

Dressing – POD 1: Debulk dressing, TED Hose in place
– POD 2: Change dressing, keep wound covered, continue TED Hose
– POD 7-10: Sutures out, D/C TED Hose when effusion resolved
Brace x 4 weeks – Locked in extension for ambulation
– Open to available range when pt has good quad control (no extensor lag)
Crutches – weight bearing as tolerated (WBAT) in brace (D/C when gait is normal – generally at 2 weeks)
Patellar mobilization (teach patient)
Calf pumping
AAROM 0-90 degrees (passive extension, active flexion, heel slides)
Passive extension with heel on bolster or prone hangs
Electrical stimulation in full extension with quad sets and SLR
Quad sets, Co-contractions quads / Hamstring
Straight leg raise (SLR) x 4 on mat (in brace if poor quad control)
Mini squats – 0-45 degrees in parallel bars
Weight shifts
Total Gym (level 3-5) – Mini squats 0-45 degrees
– Passive flexion to 90 degrees max (push up with opposite leg)
Leg press 0-45 degrees with light resistance (up to ¼ body weight)
Hamstring curls – Carpet drags or rolling stool (closed chain)
Double leg heel raises
Parallel bar ambulation – Forwards / backwards / lateral
Stationary bike for ROM – Complete cycle as able
Ice Pack with knee in full extension after exercise

Goals

Full passive extension
Flexion to 90 degrees
Good quad control

Weeks 2 – 4

Brace x 4 weeks – Open to available range
Crutches – WBAT, D/C when gait is WNL
Continue appropriate previous exercises and following ex without brace
Scar massage when incision healed
AAROM, AROM through full range as tolerated
Electrical stimulation – Continue as needed
SLR x 4 on mat – Add light ankle weights if quad control is maintained

Continued on following page

Wall squats – No knee flexion past 45 degrees
Total Gym – Progress levels of Mini-squats, 0-45 degrees
Leg Press 0-45 degrees with resistance no more than ½ body weight
Hamstring curls on weight machine with light resistance
Forward, lateral and retro step downs in parallel bars
– No knee flexion past 45 degrees (small step)
Single leg heel raises
Proprioceptive training – Single leg standing in parallel bars
– Double leg BAPS for weight shift
Stationary bike – Progressive resistance and time
Treadmill – Forwards and backwards walking
Stretches – Hamstring, Hip Flexors, ITB

Goals

ROM 0-110 degrees
No effusion
No extensor lag

Weeks 4 – 6

D/C Brace
Continue appropriate previous exercises
PROM, AAROM, AROM to regain full motion
Standing SLR x 4 with Theraband bilaterally
Mini squats, Wall squats 0-60 degrees – Progress to single leg
Leg press 0-60 degrees with resistance no more than ½ body weight
Forward, lateral and retro step downs 0-60 degrees (medium step)
Proprioceptive training – Single leg BAPS, ball toss and body blade
Elliptical trainer
Pool therapy – Walking / running (no kicking)

Goals

Full ROM
Normal gait

Weeks 6 – 9

Continue appropriate previous exercises
Wall squats 0-90 degrees
Leg press 0-90 degrees with resistance as tolerated
Hamstring curls with resistance as tolerated
Forward, lateral and retro step downs 0-90 degrees (large step)
Hip weight machine x 4 bilaterally
Proprioceptive training – Grid exercises
Stationary bike – 15-20 minutes at a time, at least 70 rpm
Treadmill – Walking progression program

Goal – Walk 2 miles at 15 min/mile pace

Weeks 9 – 12

Continue appropriate previous exercises with progressive resistance
Fitter
Slide board
Functional activities – Figure 8s, gentle loops, large zigzags
Stairmaster – Small steps
Pool therapy – No swimming laps
Quad stretches

Goal – Walk 3 miles at 15 min/mile pace

Months 3 – 4

Isokinetic testing at 180 and 300 degrees/sec – Must have 80%
of opposite leg to clear for straight line running
Continue appropriate previous exercises
Knee extension weight machine
Short arc quads
Agility drills / Plyometrics
Treadmill – Running progression program if cleared
Pool therapy – Swimming laps

Goal – Run 2 miles at easy pace

Months 4 – 6

Repeat Isokinetic testing as needed
Continue appropriate previous exercises
Sit-up progression
Running progression to track
Transition to home / gym program

Goals

Return to all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op

BRYAN L. BOYEA
LTC, SP
Chief, Physical Therapy

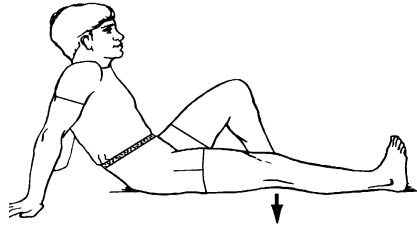
MICHAEL S. MACHEN
LTC(P), MC
Chief, Orthopedics

Physical Therapy Clinic
William Beaumont Army Medical Center
El Paso, TX 79920

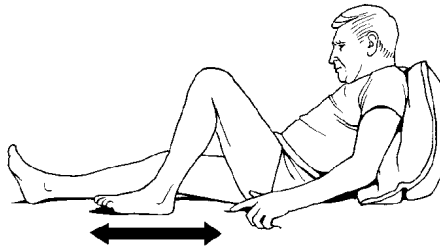
Knee Post Op Phase 1

Perform exercises below frequently: 30 reps 3-5x a day

Quad Isometrics



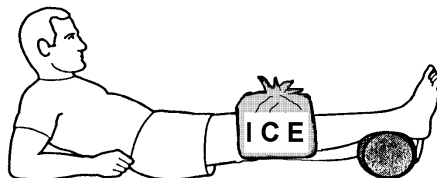
Heel Slides



Active Assisted Motion



Ice Position 15 minutes 2-3 x per day



Appointments?? Questions??

WBAMC PT: DSN:979-2181/1848 COMM: (915)569-2181/1848